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Autore	Paskevskaja Anna
Titolo	Both sides of the mirror : the science and art of ballet // Anna Paskevskaja
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Edizione	[Second edition.]
Descrizione fisica	1 online resource (xii, 196 pages) : illustrations
Disciplina	792.8
Soggetti	Ballet dancing Ballet - History
Lingua di pubblicazione	Inglese
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Livello bibliografico	Monografia
Note generali	"A Dance Horizons book."
Nota di bibliografia	Includes bibliographical references (p. 187-190) and index.
Nota di contenuto	Contents; List of Illustrations; Foreword; Acknowledgements; 1 Introduction: A Personal Statement; 2 Physical Requirements; 3 Posture and Placement; 4 Progression of Training; 5 Sequence of a Ballet Class; 6 Barre Work; 7 Positions; 8 Port de Bras and Arabesques; 9 Weight Transference and Jumps; 10 Principles of Turning; 11 Pointe Work; 12 Style; 13 Classical and Modern Dance; Glossary; Selected Bibliography; Index
Sommario/riassunto	A technical and artistic discussion of ballet, focusing on its history, physical requirements, exercises, and training.